

Athlete Categorisation Guidelines 2025-2028

1. Athlete Categorisation

Aligned to The National Athlete Categorisation Framework, the purpose of the AusTriathlon (AusTri) Athlete Categorisation Guidelines 2025-2028 (Guidelines) is to provide the process by which Athlete Categorisation will be assessed and conducted for categorised athletes.

The purpose of athlete categorisation is to identify athletes with the greatest potential to contribute to Australia winning medals consistently, to continually improve Australia's standing at current and future Benchmark and Pinnacle Events. Categorisation levels reflect the timeframe around which an athlete is likely to achieve podium success based on patterns of progression of podium athletes within the sport.

Athlete Categorisation is the primary mechanism for access to support within AusTri High Performance program.

2. AusTriathlon Athlete Categorisation Panel

The role of the AusTri Athlete Categorisation Panel is to assess and categorise the athlete cohort against the AusTri Athlete Categorisation Performance Matrix & Guidelines. The Panel will specifically consider an athlete's performance progression and potential, relative to the WITTW, Athlete Development Framework (ADF) and Athlete Plan.

The Athlete Categorisation Panel will submit the list of categorised athletes and supporting evidence to the HP System Categorisation Panel for endorsement before notification is made to the athletes.

The AusTri Athlete Categorisation Panel is comprised of the following:

- a) Chair (High Performance Director)
- b) Performance Manager, Academy (Oly only)
- c) Head of Paralympic Program (Ply only)
- d) Head of Performance Pathways
- e) Independent members
 - i. AIS Performance Consultant
 - ii. SIS/SAS Representative
 - iii. Ascent Academy Coach(es)
 - iv. Paralympic Pathways Coach

3. Athlete Eligibility

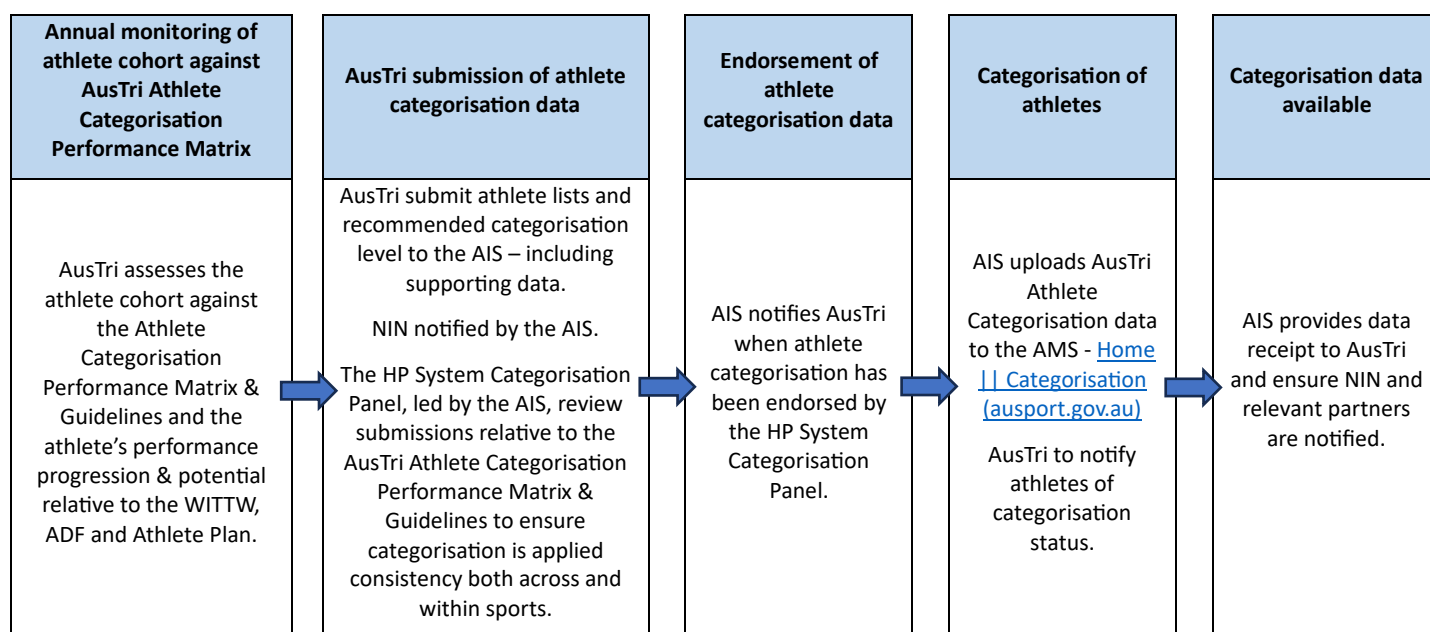
To be eligible for categorisation, an athlete must:

- a) be an Australian citizen and eligible and available to represent Australia in international competition at the pinnacle event;
- b) be a registered member of AusTri
- c) have signed a current AusTri Athlete Agreement;
- d) have an athlete plan approved by the High Performance Director, or their delegate
- e) comply with all relevant AusTri policies and rules as amended from time to time;
- f) be in good financial standing with AusTri;
- g) comply with all anti-doping requirements of the IOC, AIS, SIA and AusTri;
- h) be actively training towards the next pinnacle event;
- i) maintain the high standard of personal and performance behaviours expected of an athlete representing Australia;

- j) not bring themselves, the sport, AusTri or any of its partners into disrepute;

4. Categorisation Process and Timeframes

- a) Athlete categorisation will be formally reviewed annually in November (end of international season) and reassessed in May (conclusion of the domestic season).
- b) At these times, athletes may be added, transitioned out, or moved to a different category;
- c) Categorisation of athletes does not imply selection of those athletes to AusTri National Teams. These are governed by separate selection criteria available on the AusTri website. Equally, non-categorisation of athletes does not mean that they will be excluded from selection to NSO AusTri National Teams;
- d) Athletes will remain in an Athlete Category until such time as they are moved or transitioned out;
- e) Athletes must continue to demonstrate progression and improvement in areas of performance, that shall be identified in their Athlete Plan. Athletes who fail to progress may be transitioned out of the Athlete Categories;
- f) The AusTri Athlete Categorisation Panel may, at its discretion, review an athlete at other times e.g. following a benchmark event or if an athlete is not actively training or demonstrating the required commitment levels as determined by AusTri and submit recommendation to the HP System Categorisation Panel for endorsement.
- g) Athletes may be excluded at any time from Categorisation at the discretion of AusTri, following endorsement by the HP System Categorisation Panel.
- h) Meeting the criteria of the National Athlete Categorisation Framework (NACF) and being identified through the NSO Athlete Categorisation Performance Matrix does not guarantee access to services or support from the NIN. The use of these tools enables the prioritisation of support to the right athletes at the right time.
- i) The annual process for categorising athletes will generally be as follows:



5. Factors taken into Account in Categorisation

- a) In determining an athlete's current performance standard and future pinnacle event performance potential, the AusTri Athlete Categorisation Panel will take into account the following factors in assessing athletes who have the best chance of contributing to the achievement of the AusTri's High Performance goals and HP2032+ Win Well outcomes:
 - i. an athlete's ability to perform when it counts, under pressure, at a single benchmark or pinnacle event each year, whether it be at Senior, U23 or Junior level.
 - ii. an athlete's ability to repeat high quality performances across a year.
 - a. For Oly: taking into account the level of competition, quality of field and number of standard

distance events across the athlete's three best races. This measure will be determined by the WTS ranking for Podium and Pod. Ready categories and by the National Performance Table (NPT) for Pod. Potential, Developing and Emerging level categories.

- b. For Ply: taking into World Triathlon Para Rankings
- iii. for Oly athlete, an athlete's combined performances in standardised 800m swim and 5km run time trials against world's best standards.
- b) If an event is modified (eg. duathlon) under World Triathlon Rules, the Selection Panel will apply discretion as to whether it is included as part of the selection process.
- c) where an athlete achieves a 'one off' performance standard and there remains some uncertainty as to their ability to repeat that performance, based on the Selection Panels assessment of that athlete, they may be selected in a lower category, not categorised at all, or a level of discretion applied.
- d) the athlete's age, with reference to each of these measures may be taken into account.
- e) an athlete's ongoing commitment to the level of training necessary to achieve the desired performance; communication with national staff, adherence to Athlete Plans, motivation to succeed and use of available resources within a daily performance environment to increase performance (including the use of Training Peaks and the Athlete Management System (AMS));
- f) continued progression against the physical, technical, tactical and mental factors (as outlined in the ADF) as well as in line with the timeframes for development progression;
- g) it is acknowledged that athlete progression is not always linear and therefore performance plateaus and regression may be considered. Generally, affordance to maintain categorisation levels will be provided for a period of 18-24mths, but only when there is evidence of strong athlete commitment and compliance to continuous improvement. For instance, an athlete who fails to qualify for a BME event or a particular event, but still demonstrate strong signs of performance progression may be maintained at a certain category, despite not achieving the objective performance targets.
- h) typically athletes can not be demoted between Podium Potential and Developing, or, between Developing and Emerging. Athletes who fail to progress or demonstrate the required commitment will be removed from the Athlete Categories. Under extenuating circumstances, and upon agreement with the AIS, demoting an athlete between these categories may be considered.
- i) athletes who have previously been categorised and subsequently de-categorised must have demonstrated equal or improved performance progression, to be considered for categorisation again. Further, the timeframes for development progression are cumulative and do not reset if de-categorised.
- j) a level of discretion may be applied by the Selection Panel, through the moderation process, particularly for Podium Potential, Developing and Emerging categories. Some discretion may be applied in the Nov 2025 categorisation round for the min. number of Standard distance races that are included in the NPT.
- k) If discretion is applied, the selection panel may consider the following criteria:
 - i. demonstrated performances/results in national and international competitions in relation to the required performance standards (e.g. proximity to achieving) according to relevant age, performance levels and rate of progression through the performance pathway over the most recent 12mths.
 - ii. demonstrated individual performance traits (e.g physical or technical assessments), as determined using specific standardised assessments. This may include, but are not limited to, factors such as time trial performances, technical skills and training age.
 - iii. demonstrated individual performance behavioural characteristics, such as: commitment, professionalism, attitude and coachability.
 - iv. Consideration of the Associated Policies as outlined in Clause 12.
- l) The AusTri Athlete Categorisation Panel may, at its discretion, use a number of additional factors in assessing athlete's potential for future pinnacle event performance potential, including (without limitation):
 - i. any specific guidance from the AIS (as advised from time to time) on Athlete Categorisation;
 - ii. during the 12 months prior to categorisation the extent to which the athlete has demonstrated a strong commitment to all national program and attendance at national camps/activities to which invited
- m) The performance standards may change over the LA2028 cycle; AusTriathlon will provide a minimum 6-month notice period of any changes.

6. AusTriathlon Athlete Categorisation Performance Matrix – OLYMPIC

Current Cycle	AIS Categorisation Description	Individual Event	Mixed Team Relay (Podium and Podium Ready only)															
Podium	Performance Confirmation: Medaled at pinnacle event or has been the World #1 or medaled at a World Championship event (in current cycle pinnacle event/discipline) in the past 24 months and demonstrates a trajectory capable of winning a medal at current cycle pinnacle event aligned to the WITTW as referenced in the NSO athlete performance potential matrix.	BME/PINNACLE EVENT or WORLD SERIES: <ul style="list-style-type: none">Podium in at least one of the past two most recent Senior BME events (World Triathlon Championships Final or Olympic Games); OR, <ul style="list-style-type: none">Podium in at least one of the past two most recent World Triathlon Championship Series Overall	<ul style="list-style-type: none">Podium at the BME MTR Event within the last 12 months; and,Demonstrating a trajectory capable of being a member of a medal winning mixed team relay event at the next Pinnacle event.															
Podium Ready	Performance Ready: Displays performance capability aligned with WITTW, demonstrating a trajectory capable of winning a medal at current cycle pinnacle event as referenced in the NSO athlete performance potential matrix.	BME/PINNACLE EVENT or WORLD SERIES: <ul style="list-style-type: none">Placed 4th-10th in at least one of the past two most recent Senior BME events (World Triathlon Championships Final or Olympic Games); OR, <ul style="list-style-type: none">Placed 4th-8th in at least one of the past two most recent World Triathlon Championship Series Overall	<ul style="list-style-type: none">Placed 4th-5th at the BME MTR Event within the last 12 months; and,Demonstrating a trajectory capable of being a member of a medal winning mixed team relay event at the next Pinnacle event[^].															
			WITTW Performance Standards															
Podium Potential	Performance Potential: Displays performance capability to qualify and compete in current cycle pinnacle event, contributing to inspiration and wellbeing outcomes AND performance capability is aligned to WITTW demonstrating a trajectory capable of podium performance as referenced in the NSO athlete performance potential matrix.	BME/PINNACLE EVENT: <ul style="list-style-type: none">Place 11-20th in the most recent Senior BME event (World Triathlon Championships Final or Olympic Games); OR,Place Top 5 in the most recent U23 World Triathlon Championships; and, OR, REPEATABILITY: <ul style="list-style-type: none">Have achieved the following points on the National Performance Table* as of November categorisation:<ul style="list-style-type: none">SNR: 1200U25#: 1100U23: 1000U21: 850Jnr: 800	<ul style="list-style-type: none">Achieve the following percentages of a combined swim/run prognostic speed:<table><tr><th></th><th>Male</th><th>Female</th></tr><tr><td>SNR</td><td>95%</td><td>93.5%</td></tr><tr><td>U23</td><td>94%</td><td>92.5%</td></tr><tr><td>U21</td><td>93%</td><td>91.5%</td></tr><tr><td>JNR</td><td>92%</td><td>90.5%</td></tr></table>And, demonstrating a trajectory capable of a medal at a future Pinnacle event[^].		Male	Female	SNR	95%	93.5%	U23	94%	92.5%	U21	93%	91.5%	JNR	92%	90.5%
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SNR	95%	93.5%																
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U21	93%	91.5%																
JNR	92%	90.5%																

Future Cycle	AIS Categorisation Description	Competition Standards	WITTW Performance Standards															
Developing	Athlete Development Verification: Displays performance potential aligned with WITTW and demonstrates a trajectory capable of contributing to future (next) cycle outcomes as referenced in the NSO athlete performance potential matrix	BME/PINNACLE EVENT: <ul style="list-style-type: none">Be an U25 athlete# and place 21st – 30th in the most recent Senior BME event (World Triathlon Championships Final or Olympic Games); OR,Place Top 15 in the most recent U23 World Triathlon Championships; OR,Place Top 5 in the most recent Junior World Triathlon Championships; OR, REPEATABILITY: <ul style="list-style-type: none">Have achieved the following points on the National Performance Table* as of November categorisation:<ul style="list-style-type: none">U25#: 900U23: 800U21: 700Jnr: 600	<ul style="list-style-type: none">Achieve the following percentages of a combined swim/run prognostic speed:<table><tr><th></th><th>Male</th><th>Female</th></tr><tr><td>U25#</td><td>91.5%</td><td>89.5%</td></tr><tr><td>U23</td><td>90.5%</td><td>88.5%</td></tr><tr><td>U21</td><td>90.0%</td><td>88.0%</td></tr><tr><td>JNR</td><td>89.5%</td><td>87.5%</td></tr></table>And, demonstrating a trajectory capable of a medal at a future Pinnacle event^.		Male	Female	U25#	91.5%	89.5%	U23	90.5%	88.5%	U21	90.0%	88.0%	JNR	89.5%	87.5%
		Male	Female															
U25#	91.5%	89.5%																
U23	90.5%	88.5%																
U21	90.0%	88.0%																
JNR	89.5%	87.5%																
Emerging	Athlete Development Confirmation: Displays performance progression informed by the sport specific ADF as it relates to WITTW for future cycle outcomes as referenced in the NSO athlete performance potential matrix.	BME: <ul style="list-style-type: none">Place Top 20 in the most recent Junior World Triathlon Championships; OR, REPEATABILITY: <ul style="list-style-type: none">Have achieved the following points on the National Performance Table* as of November categorisation:<ul style="list-style-type: none">U23: 650U21: 550Jnr: 450	<ul style="list-style-type: none">Achieve the following percentages of a combined swim/run prognostic speed:<table><tr><th></th><th>Male</th><th>Female</th></tr><tr><td>U23</td><td>86.0%</td><td>83.5%</td></tr><tr><td>U21</td><td>85.5%</td><td>83.0%</td></tr><tr><td>JNR</td><td>85.0%</td><td>82.5%</td></tr></table>And, demonstrating a trajectory capable of a medal at a future Pinnacle event^.		Male	Female	U23	86.0%	83.5%	U21	85.5%	83.0%	JNR	85.0%	82.5%			
		Male	Female															
U23	86.0%	83.5%																
U21	85.5%	83.0%																
JNR	85.0%	82.5%																
Representative	National Representation	<ul style="list-style-type: none">Represented Australia to compete at the World Triathlon Championships Final, Mixed Team Relay World Championships, U23 or Junior World Championship Teams in the past 12months																

All levels of categorisation requires an athlete to demonstrate a trajectory capable of a medal at the next or future Pinnacle event, and, a trajectory supporting an athlete moving to the next level of categorisation level within 3 years (progression timeframe)

Age category is calculated as the category an athlete is moving into the following year (e.g. A last year U23 athlete, will be categorised as a U25/Senior athlete when categorisation occurs in November.

OR, Senior Talent Transfer athletes with less than 3 years triathlon experience

* The National Performance Table will incorporate a minimum number of standard distance races for each age category as follows:

- Senior: min. 2 standard distance races to count
- U23: min. 1 standard distance race to count; exempt 1st year U23 athlete who is transitioning from junior category.
- Jnr: no standard distance races required

7. AusTriathlon Athlete Categorisation Performance Matrix – PARALYMPIC

Current Cycle	AIS Categorisation Description	Individual Event	Mixed Team Relay (Podium and Podium Ready only)
Podium	Performance Confirmation: Medaled at pinnacle event or has been the World #1 or medaled at a World Championship event (in current cycle pinnacle event/discipline) in the past 24 months and demonstrates a trajectory capable of winning a medal at current cycle pinnacle event aligned to the WITTW as referenced in the NSO athlete performance potential matrix.	BME: <ul style="list-style-type: none"> Podium in at least one of the past two most recent BME events (World Triathlon Para Championships Final or Paralympic Games); <u>AND</u>, Finish within 95% of the winner's time; OR, REPEATABILITY: <ul style="list-style-type: none"> Three podium finishes in the World Triathlon Para Series (WTPS) in the most recent 12 months 	TBC in late 2025
Podium Ready	Performance Ready: Displays performance capability aligned with WITTW, demonstrating a trajectory capable of winning a medal at current cycle pinnacle event as referenced in the NSO athlete performance potential matrix.	BME: <ul style="list-style-type: none"> Placed 4th-6th in at least one of the past two most recent BME events (World Triathlon Para Championships Final or Paralympic Games); <u>AND</u>, Finish within 92% of the winner's time; OR, REPEATABILITY: <ul style="list-style-type: none"> Three Top 6 finishes in the World Triathlon Para Series (WTPS) in the most recent 12 months; <u>AND</u>, Finishing within 92% of the winner's time in each of those races 	TBC in late 2025
			WITTW Performance Standards
Podium Potential	Performance Potential: Displays performance capability to qualify and compete in current cycle pinnacle event, contributing to inspiration and wellbeing outcomes AND performance capability is aligned to WITTW demonstrating a trajectory capable of podium performance as referenced in the NSO athlete performance potential matrix.	BME: <ul style="list-style-type: none"> Place 4th to 8th in the most recent BME event (World Triathlon Para Championships Final or Paralympic Games); <u>AND</u>, Finish within 90% of the winner's time OR, REPEATABILITY: <ul style="list-style-type: none"> Achieve three performances in the most recent 12 months consisting of any three of the following: <ul style="list-style-type: none"> Top 8 finish in a World Triathlon Para Series (WTPS) and finishing within 90% of the winner's time that race; <u>OR</u>, Top 6 finish in a World Triathlon Para Cup (WTPC) and finish within 90% of the World's Best time[#]; <u>OR</u>, Place top 2 positions at Oceania Championships and finish within 90% of the World's Best time[#]. 	TBC in late 2025

Future Cycle	AIS Categorisation Description	Competition Standards	WITTW Performance Standards
Developing	Athlete Development Verification: Displays performance potential aligned with WITTW and demonstrates a trajectory capable of contributing to future (next) cycle outcomes as referenced in the NSO athlete performance potential matrix	REPEATABILITY: ■ Achieve two performances in the most recent 12 months consisting of any two of the following: <ul style="list-style-type: none"> ○ Top 8 finish in a World Triathlon Para Series (WTPS) and finishing within 85% of the winner's time that race; <u>OR</u>, ○ Top 8 finish in a World Triathlon Para Cup (WTPC) and finish within 85% of the World's Best time[#]; <u>OR</u>, ○ Place top 2 positions at Oceania Championships and finish within 85% of the World's Best time[#]. 	TBC in late 2025
Emerging	Athlete Development Confirmation: Displays performance progression informed by the sport specific ADF as it relates to WITTW for future cycle outcomes as referenced in the NSO athlete performance potential matrix.	REPEATABILITY: ■ Achieve two performances in the most recent 12 months consisting of any two of the following: <ul style="list-style-type: none"> ○ Top 8 finish in a World Triathlon Para Series (WTPS) and finishing within 80% of the winner's time that race; <u>OR</u>, ○ Top 8 finish in a World Triathlon Para Cup (WTPC) and finish within 80% of the World's Best time[#]; <u>OR</u>, ○ Place top 2 positions at Oceania Championships and finish within 80% of the World's Best time[#]. 	TBC in late 2025
Representative	National Representation	■ Represented Australia to compete at the World Triathlon Para Championships in the past 12months	

All levels of categorisation requires an athlete to demonstrate a trajectory capable of a medal at the next or future Pinnacle event, and, a trajectory supporting an athlete moving to the next level of categorisation level within 2 years (progression timeframe)

The World's Best time is calculated as the fastest time within the respective classification over the past 4 years

8. Athlete Support

- a) AusTri and NIN support will be commensurate with the level of categorisation and based on each athlete's Athlete Plan.
- b) AIS dAIS Funding: Direct financial support is linked to categorisation level as outlined in the [dAIS criteria](#)
- c) Meeting the criteria of the National Athlete Categorisation Framework (NACF) and being identified through an NSO Athlete Categorisation Performance Matrix **does not guarantee access to services or support** from NIN organisations.
- d) Athletes categorised as 'Representative' are unlikely to receive support outside of team for which they have been selected for. Any support from either AusTri or the NIN will be dependent on available resources, after having targeted the categorised athletes.

9. Appeals Process

If an athlete does not agree with their categorisation, they may seek a review of the categorisation decision in the following manner:

- a) The athlete must submit to the AusTri High Performance Director (HPD) within 7 days of the categorisation decision being announced, a written request for a review (**Review Request**).
- b) A Review Request must set out the reasons why the athlete feels that the Panel's decision is incorrect. The Review Request must specifically address the criteria in the AusTri Athlete Categorisation Performance Matrix & Guidelines.
- c) Each party will bear their own costs of the appeal.
- d) AusTri will establish an Appeals Panel to consider all Review Requests within 21 days of being appointed and shall inform the athlete/HPD of its decision(s) as soon as practical after that. The AusTri Appeals Panel will include the Chair of the HP System Categorisation Panel.
- e) If the AusTri Appeals Panel support the initial categorisation decision, the decision will stand. There shall be no further right of review or appeal.

10. Announcement

- a) Athletes will be advised in writing of their endorsed categorisation by the AusTri High Performance Director or equivalent.
- b) Only those athletes that are currently categorised shall be notified in writing by the AusTri High Performance Director or equivalent if they are transitioning out of the categorised athlete cohort.

11. Amendments to the Categorisation Performance Matrix & Guidelines

- a) The AusTri Athlete Categorisation Performance Matrix and Guidelines is a living document that updates as the performance landscape of sport changes. Whilst the framework will remain largely static over a cycle, key data sets, expertise and performance questions should be considered to review and update the framework before categorising athletes annually. This should be done after the annual benchmark event competition review, that may result in updates to the WITTW and HP Strategy.
- b) Any amendments to the Matrix and Guidelines shall take effect after review and endorsement by the HP System Categorisation Panel.
- c) Amendments will be communicated by:
 - (i) Posting on the AusTri website;
 - (ii) Email distribution to currently categorised athletes; and
 - (iii) Notification to HP System partners eg NIN etc.

12. Associated Policies

Within the AusTri Athlete Categorisation Performance Matrix and Guidelines, these policies have been developed to recognise athletes who are identified as having the potential to contribute to performance outcomes at the next pinnacle event where one of the following may apply:

- a) An athlete is recovering from major injury or illness;
- b) An athlete is taking time away from competition;
- c) An athlete is transitioning into a sport from another; and
- d) An athlete is pregnant or has recently become a new parent.

It is assumed an athlete nominated under an Associated Policy would usually be categorised under the NSO Athlete Categorisation Performance Matrix and Guidelines and the athlete will return to the sport under the same categorisation (or similar).

A. Athletes recovering from major injury or illness

- It is recognised that an athlete may still be a contributor to national performance targets at the next pinnacle event despite suffering/recovering from a major injury or illness.
- Generally, athletes who fall into this category will still be identified within the AusTri Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
 - Pre-injury/illness the athlete was categorised;
 - There is an Athlete Plan with a return to competition focus and timeframes outlined – including working with the AW&E team member (or equivalent);
 - The athlete is meeting the requirements of the agreed rehabilitation plan; and
 - The athlete is tracking against rehabilitation benchmarks to achieve pre-injury/illness performance outcomes.
- An athlete having an injury/illness does not automatically mean categorisation will be reviewed under this clause. The severity of the injury, the duration of missed training and whether the athlete's injury history will be taken into account. Further, an assessment of the athlete's performance trajectory towards medalling at a future pinnacle event will be considered.
- Generally, depending on the injury/illness, athletes may be afforded 6mths to return to training and competition. Prolonged, reoccurring or a series of Injury/illness(es) extending beyond 6mths will be considered on a case by case basis and determined in line with the WITTW of high training availability.
- An athlete being considered under this clause may be receive reduced international camp and competition support (under the Athlete Agreement) until relevant performance standards are achieved.

B. Athletes taking time away from competition

- It is recognised that on occasion, to contribute to national performance targets at the next pinnacle event, an athlete may require some time away from competition for family, health and/or wellbeing reasons.
- Generally, athletes who fall into this category will still be identified within the AusTri Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
 - Prior to taking some time away, the athlete was categorised;
 - There is an agreed Athlete Plan focusing on maintaining physical and mental wellbeing as it aligns to the sports needs and performance standards;
 - The athlete has an agreed return to sport and competition plan including timeframes and regular pre-determined meetings scheduled with the High Performance Director (or equivalent); and
 - The athlete maintains contact with AW&E staff (or equivalent) on a regular basis to ensure athletes are focussed on maintaining their wellbeing.

C. Athlete transitioning into a sport from another

- It is recognised, particularly in a sport like Triathlon, high performing athletes may transition from another sport with the expectation they will contribute to national performance targets at the next

pinnacle event of the new sport. Usually, a high performing athlete would only transition into a new sport if there was a strong likelihood of success.

- Generally, athletes who fall into this category should be identified within the AusTri Athlete Categorisation Performance Matrix and Guidelines of the NEW sport, if they meet the following minimum criteria:
 - the athlete was categorised in the previous sport in the past 24 months;
 - the athlete has an Athlete Plan focusing on contributing to the national performance targets at the pinnacle event within a 4-year period; and
 - the athlete has an Athlete Plan with agreed milestones and is meeting progression targets.

D. Athletes who are pregnant or have recently become a new parent

- It is recognised that athletes may take some time away from intense training and competition when they become pregnant or have recently become a new parent. These athletes may still be on track to contribute to national performance targets at the next pinnacle event.
- Generally, athletes who fall into this category should still be identified within the AusTri Athlete Categorisation Performance Matrix and Guidelines, if they meet the following minimum criteria:
 - Prior to becoming pregnant (or new parent), the athlete was categorised;
 - The athlete has an Athlete Plan focusing on maintaining physical and mental wellbeing as it aligns to the sports needs (and informed by specific medical advice as it relates to pregnancy and birth where required);
 - The athlete has an agreed return to sport and competition plan including timeframes and regular pre-determined meetings scheduled with the High Performance Director (or equivalent); and
 - The athlete maintains contact with AW&E staff (or equivalent) on a regular basis to ensure athletes are focussed on maintaining their overall wellbeing.